

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 4: California Adolescents Who Reported Eating Less than One Serving of Fruits and Vegetables, No Fruits or Juices, and No Vegetables or Salads

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables		
	Reported Having Less than 1 Serving of Fruits or Vegetables ¹ , Percent of Adolescents	Reported No Servings of Fruits or Juices ² , Percent of Adolescents	Reported No Servings of Vegetables or Salad ² , Percent of Adolescents
Total	9	14	51
Gender			
Males	9	14	51
Females	10	14	51
Ethnicity			
White	6 ***	12 **	41 ***
African American	19	25	55
Latino	10	12	62
Asian/Other	13	18	55
Gender by Age			
Males			
12-13	8	10 **	53
14-15	6	10	51
16-17	11	20	49
Females			
12-13	7 *	13	44
14-15	15	18	54
16-17	8	12	55
Smoking Status			
Non-Smokers	9 *	13	51
Smokers	16	20	50
Physical Activity Status			
Regular	8	13	50
Irregular	12	16	56
Overweight Status			
Not at Risk	8	13	48 *
At Risk/Overweight	10	15	55

¹ Calculated using average servings of fruits and vegetable for the individual. Categorized as having less than 1 serving of fruits and vegetables.

² Categorized as having less than .5 servings of fruits or vegetables.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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